



## OrthoTrain

Das Diagnostik - & Trainingszentrum

Friedrichstr. 94  
10117 Berlin  
Telefon: 030 / 4000 4668

# Patient Information

### OrthoTrain is open for you:

Monday to Thursday 8:00 am - 8:00 pm

Friday 8:00 am - 6:00 pm

Please contact us for registration and appointments within opening hours.

### For your appointment you need:

- **Sportswear** and **sports shoes**
- **Towel**
- **Tests of lower extremities** (knee-hip-ankle; Treadmill test):
  - For the **isokinetic test** on the ankle, please bring sports shoes or other sturdy shoes (ankle must be free).
  - For the **isokinetic test with EMG** (electromyography) please bring shorts and ensure hair-free skin on the thigh for sticking the electrodes
  - For the treadmill test please bring shorts and T-shirt/top
- **Tests upper extremities** (shoulder joint-elbow joint):
  - For the **isokinetic shoulder test with EMG** (electromyography) please bring a T-shirt/top

Please allow **1 hour** for the test and the test evaluation.

Your scheduled appointment:

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